



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 3

SUBJECT: YOGA

CLASS-XI

JULY, 2025

Q1. Which principle is not taught in Yoga ?

- ☐ Proper exercise
- ☐ Flexibility
- ☐ Relaxation
- ☐ Strength

Q2 Tanmatra smell corresponding of which of the following?

- ☐ Prithvi
- ☐ Akash
- ☐ Jala
- ☐ Vayu

Q3. According to Patanjali Asanas is :

- ☐ Control of sense organs
- ☐ Control of water and food intake
- ☐ High calories burn
- ☐ Sitting in comfortable position

Q4. Who is the father of Yoga?

- ☐ Krishnamacharya
- ☐ BKS lyenger
- ☐ Baba Ramdev
- ☐ Maharishi Patanjali

Q5. Which country does Yoga originated from?

- ☐ India
- ☐ Thailand
- ☐ Bangladesh
- ☐ Japan

Q6. Yoga is derived from Sanskrit word ?

- ☐ Suryanamaskar
- ☐ Union
- ☐ Breaking into pieces
- ☐ Diffusion

Q7. What is the meaning of Santosh ?

- ☐ Austerity
- ☐ Truth
- ☐ Contentment

- ☐ Cleanliness

Q8. During yoga breathing should be:

- ☐ Normal

- ☐ Deep

- ☐ Caution

- ☐ Fast

Q9. What types of Veda's ;

- ☐ Rigveda

- ☐ Yajurveda

- ☐ Atharvaveda

- ☐ Samaveda

- ☐ All of the above

Q9. The basis of Pancha kosha is

- ☐ Prashna Upanishad

- ☐ Kena Upanishad

- ☐ Isha Upanishad

- ☐ Taittiriya Upanishad

Q10. Yoga sutra was given by :

- ☐ Svatmarama

- ☐ Ghreanda

- ☐ Patanjali

- ☐ Shivananda

Q11. Explain Patanjali yoga and hatha yoga?

Q12. Describe yoga etymology?

Q13. Explain Suryanamaskar?

Q14. Explain eight limbs of ashtanga yoga?